



Get paid to *Move.*

Eligibility

Primary members of a CU Health Plan are eligible to participate.

Payment schedule

Payments are issued on a quarterly basis.

Requirements

To earn incentives, complete at least 30 minutes of activity or 10,000 steps a day, for at least 12 days a month.

Get started

Visit
becolorado.fitdigits.com
to sign up.

Be Colorado – *Move.* is an incentive program that lets you earn cash for being active.

The *Move.* app helps users track physical activity through their smart phones or activity-tracking devices (e.g., Fitbit, etc.). The app records activity stats like calories burned, heart rate, steps-per-day and more. *Move.* participants who log either 30 minutes of activity or 10,000 steps a day, for at least 12 days a month, can earn an incentive of \$25 a month. Payments are issued on a quarterly basis.



It doesn't matter how
you move, just *Move.*



For technical support, contact: support@fitdigits.com

For payment support, contact: questions@becolorado.org